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PRECAUTIONS

Open the boxes:

You are now ready to open the boxes of your new equipment. Make sure to inventory all of the parts that are included in the boxes. Check the Parts List for a full count of the number of parts included for this product to be assembled properly. If you are missing any parts or have any assembly questions call your local dealer or contact us directly.

Gather your tools:

Before starting the assembly of your unit, make sure that you have gathered all the necessary tools you may require to assemble the unit properly. Having all of the necessary equipment at hand will save time and make the assembly quick and hassle-free.

Clear your work area:

Make sure that you have cleared away a large enough space to properly assemble the unit. Make sure the space is free from anything that may cause injury during assembly. After the unit is fully assembled, make sure there is a comfortable amount of free area around the unit for unobstructed operation.

Invite a friend:

Some of the assembly steps may require heavy lifting. It is recommended that you obtain the assistance of another person when assembling this product.

User Weight Limitation:

Please note that there is a weight limitation for this product. If you weigh more than 330lbs/150kg. it is not recommended that you use this product. Serious injury may occur if the user's weight exceeds the limit shown here. This product is not intended to support users whose weight exceeds this limit.

BEFORE YOU BEGIN

Before assembling or using the exercise cycle, please read the following instructions carefully. They contain important information for use and maintenance of the equipment as well as for your personal safety. Keep these instructions in a safe place for maintenance purposes or for ordering spare parts.

Product-Scope: This product is made for home use only and tested up to a maximum body weight of 330lbs/150kg.
Product-Performance: This ellipitcal is tested to the European Standard EN 957-1/9 HA.
Product-Feature: The resistance can be changed by the computer.

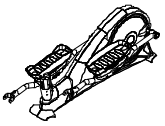
- Use-Scope: The exerciser may not be used by persons with a weight of over 330lbs/150 kg.
- Use-Scope: This product is designed for the physical exercise by adults. Please ensure that children only use it under the supervision of an adult.
- Use-Environment: Ensure that those present are aware of possible hazards, e.g. movable parts during training.
- Use-Environment: Ensure that sufficient space is available to use the home exerciser.
- Use-Environment: Place the home exerciser on an even, non-slippery surface.
- Use-Environment: Please ensure that liquids or perspiration never enter the machine or electronic.
- Use-Environment: Keep the equipment indoors, away from moisture and dust. Do not put the equipment in a garage or covered patio, or near water.
- Use-Environment: The product is made for home use only. Warranty and manufacturer's liability do not extend to any product or damage to the product caused by commercial purposes.
- User-Health: Consult your physician before starting with any exercise programs to receive advice on the optimal training.
- User-Health: Incorrect/excessive training can cause health injuries.
- User-Health: If you feel sickness, chest pain, fits of dizziness or breathlessness during your training, immediately stop the training and consult your physician.
- Product-Preparation: Ensure that training only starts after correct assembly, adjustment and inspection of the home exerciser.
- Product-Preparation: Follow the steps of the assembly instruction carefully.
- Product-Preparation: Only use suitable tools for assembly and ask for assistance if necessary.
- Product-Preparation: Only use original Yowza parts as delivered (see checklist).
- Use-Preparation: Tighten all adjustable parts to prevent sudden movement while training.
- Use-Instruction: Please follow the advice to correct training as detailed in the training instructions.
- Use-Instruction: Do not use the home exerciser without shoes or loose shoes.
- Use-Safety: Be aware of non-fixed or moving parts whilst mounting or dismounting the home exerciser.
- Use-Safety: Use the height adjustment caps on the rear tube to ensure stable position of the home exerciser
- Use-Safety: Make sure the front wheels are placed in the correct position: see assembly instruction.
- Product-Power-Safety: The unit requires a power supply of 100V – 125V / 50-60Hz. It should be connected to a safety socket with a single 10A fuse. Before commissioning the appliance pay attention to the fact that the correct plug-in power supply unit (observe marking) has been connected properly
- Product-Maintenance: If the equipment is in regular use, check all its components thoroughly every 1 – 2 month. Pay particular attention to the tightness of bolts and nuts. This applies especially to the securing bolts for saddle and handlebars.
- Product-Maintenance: Incorrect repairs and structural modifications (e.g. removal or replacement of original parts) may endanger the safety of the user.
- Product-Maintenance: Damaged components may endanger your safety or reduce the lifetime of the equipment. For this reason, worn or damaged parts should be replaced immediately and the equipment taken out of use until this has been done.
- Product-Maintenance: Only use original Yowza spare parts.
- Product-Maintenance: Do not under any circumstances carry out electrical repairs or alterations yourself. Always ensure that such work is done by a properly qualified electrician.
- Product-Maintenance: Disconnect the apparatus from the mains before doing repair, maintenance or cleaning work.

SUPPLIED COMPONENTS

This list identifies the major components you will use to assemble this product.

No.	Description	Qty.
A1	Main Frame Assembly	1
A2	Console Upright Assembly	1
A3	Console Assembly	1
A4	Front Stabilizer Tube Assembly	1
A5	Rear Stabilizer Tube Assembly	1
A6	Action Handlebar –Left Assembly	1
A7	Action Handlebar –Right Assembly	1
205	Handlebar Cover- Front	2
208	Handlebar Cover- Rear	2
223	Console Upright Insert	2
408	Water Bottle Holder	1
702	Front Foot Plate Tube Front Cover- Upper	2
706	Front Foot Plate Tube Front Cover- Lower	2
711	Rear Foot Plate Tube Rear Cover- Lower	2
712	Rear Foot Plate Tube Rear Cover- Upper	2
E	Adapter	1

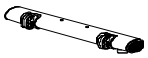
A1



A2

A3

A4



A5

A6

A7

205

208

223

408

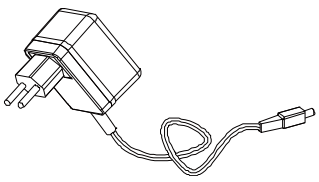
702

706

711

712

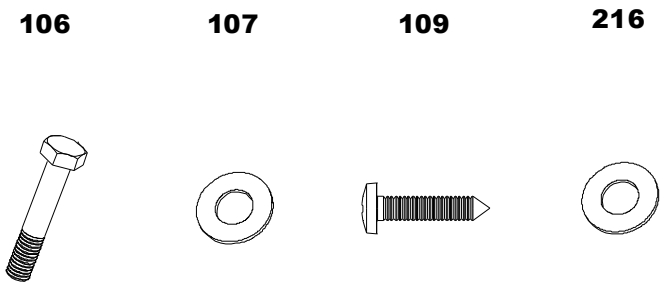
E

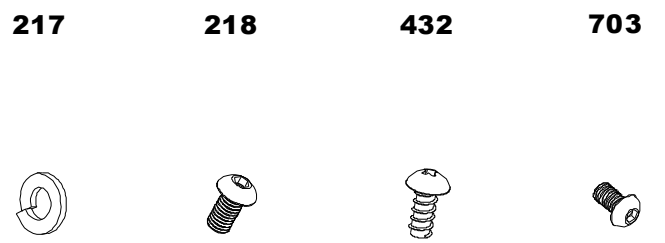


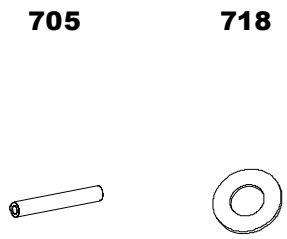
SUPPLIED HARDWARE

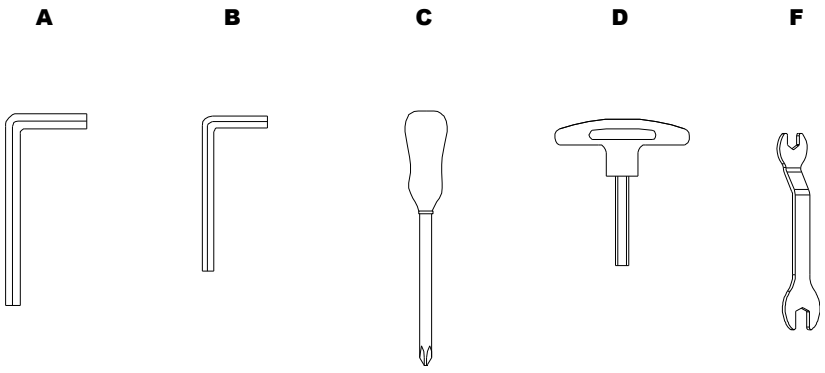
This list identifies the hardware you will use to assemble the product. To help distinguish between the various types of screws and bolts, use the scale below to measure them and compare them to the sizes listed.

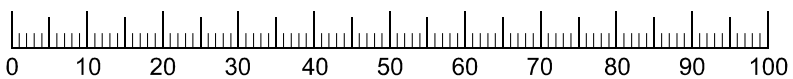
No.	Description	Qty.
106	M8x45mm Screw	4
107	8x17x1.5mm Washer	4
109	4x15mm Screw	14
216	8x23x2mm Washer	2
217	8x14x2mm Spring Washer	2
218	M8x15mm Screw	2
432	4x25mm screw	2
703	M6x10mm screw	4
705	Foot plate tube sleeve M10x67mm	2
718	6x10x1mm Washer	4
A	6mm Allen Key – L	1
B	5mm Allen Key – L	1
C	Screwdriver	1
D	5mm T-Type Allen Key	1
F	13&15 Wrench	1











MILLIMETERS

PARTS LIST

Item No.	Description	Qty.	Part No.
LARGO-100			
101	Front Stabilizer Tube	1	LARGO-101
102	Rear Stabilizer Tube	1	LARGO-102
103	Transportation Wheel Set	2	LARGO-103
104	Front Stabilizer Tube End Cap	4	LARGO-104
105	Front Stabilizer Tube Foot	1	LARGO-105
106	M8x45mm Screw	6	LARGO-106
107	8x17x1.5mm Washer	9	LARGO-107
108	Rear Stabilizer Tube Adjustment Foot	2	LARGO-108
109	4x15mm Screw	72	LARGO-109
110	Bearing 6004	2	LARGO-110
112	Speed Sensor	1	LARGO-112
116	8pin Wire-Lower	1	LARGO-116
119	3.5x16 mm Screw	4	LARGO-119
LARGO-200			
201	Action Handlebar Foam Grip	2	LARGO-201
202	Action Handlebar - Left	1	LARGO-202
203	Action Handlebar -Right	1	LARGO-203
205	Handlebar Cover-Front	2	LARGO-205
206	M10x17x4mm Nut	1	LARGO-206
208	Handlebar Cover-Rear	2	LARGO-208
209	M10 Thin Nut	2	LARGO-209
210	Bearing 6000	4	LARGO-210
211	Fixed Handlebar Foam Grip	1	LARGO-211
212	Pulse Rate Handlebar End Cap	1	LARGO-212
214	Upright Axle Bushing	2	LARGO-214
215	Console Upright	1	LARGO-215
216	8x23x2mm Washer	2	LARGO-216
217	8x14x2mm Spring Washer	3	LARGO-217
218	M8x15mm Screw	4	LARGO-218
219	Bearing 6203	4	LARGO-219
220	Thumb Control Sensor - Bottom	4	LARGO-220
221	Thumb Control Sensor - Upper	4	LARGO-221
222	8pin Wire-Middle	1	LARGO-222
223	Console Upright Insert	2	LARGO-223
226	Action Handlebar Bushing - Upper	4	LARGO-226
227	Action Handlebar Bearing Sleeve -Upper	2	LARGO-227
228	Action Handlebar Bushing -Lower	4	LARGO-228
229	Action Handlebar Bearing Sleeve-Lower	2	LARGO-229
231	Sensor Wire Upper Section	4	LARGO-231
232	Thumb Control Sensor Wire -Middle	2	LARGO-232
233	Thumb Control Sensor Wire-Lower	2	LARGO-233
235	Thumb Control Sensor Cap	4	LARGO-235
LARGO-300			
304	Foot Plate Crank Arm Assembly	2	LARGO-304
309	Driving Belt	1	LARGO-309

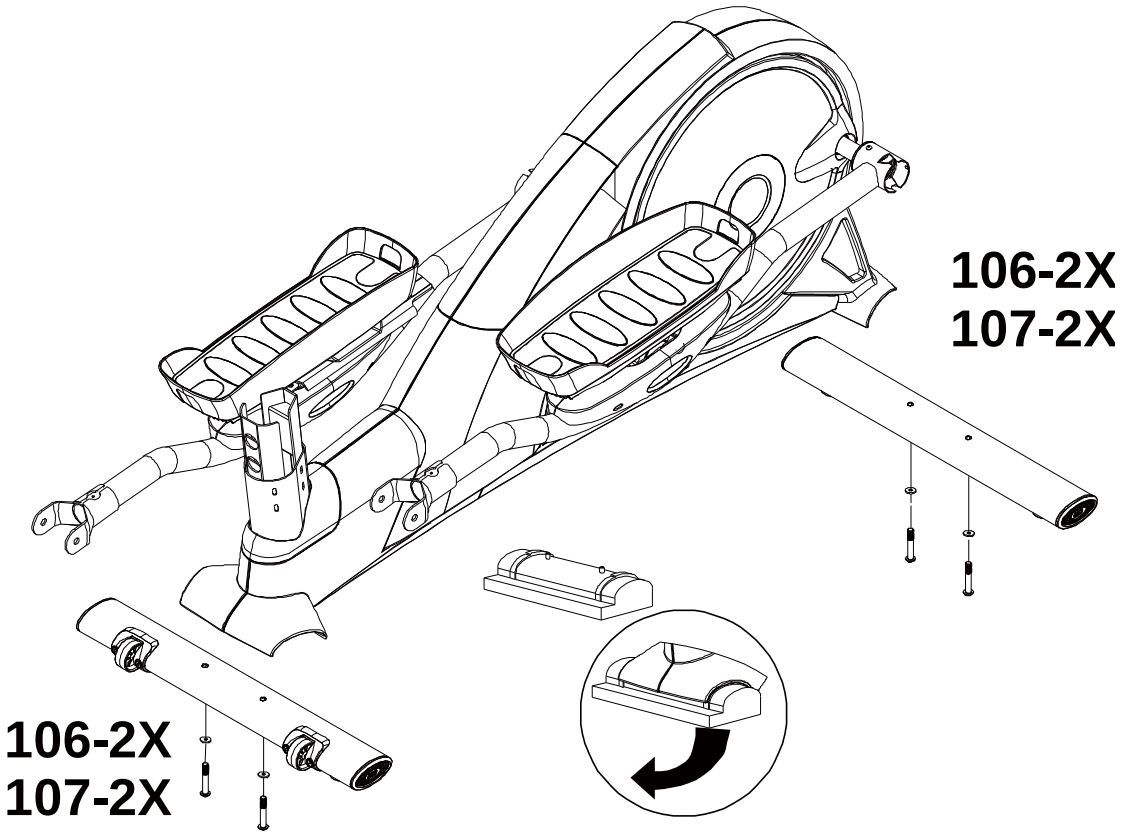
PARTS LIST

Item No.	Description	Qty.	Part No.
LARGO-400			
401	Console Housing - Top	1	LARGO-401
402	Speaker housing -upper	1	LARGO-402
403	Console Housing - Bottom	1	LARGO-403
404	Speaker housing –lower	1	LARGO-404
405	Console Upright Upper Cover-Front	1	LARGO-405
406	Console Upright Upper Cover-Rear	1	LARGO-406
409	Front Chain Cover-Left	1	LARGO-409
410	Main Chain Cover-Left	1	LARGO-410
411	Left Side Chain Cover- Front	1	LARGO-411
412	Left Side Chain Cover- Rear	1	LARGO-412
413	Uppright Lower Cover	1	LARGO-413
414	Front Chain Cover-Right	1	LARGO-414
415	Main Chain Cover-Right	1	LARGO-415
416	Right Side Chain Cover-Front	1	LARGO-416
417	Crank Disk	2	LARGO-417
423	Right Side Chain Cover- Rear	1	LARGO-423
424	Side Cover Ring	2	LARGO-424
425	M5x14mm Screw	4	LARGO-425
426	Plastic Insert	12	LARGO-426
429	Thumb Control Sensor Wire -Upper	2	LARGO-429
431	8pin Wire-Upper	1	LARGO-431
432	4x25mm Screw	2	LARGO-432
433	Console PC Board	1	LARGO-433
435	Overlay	1	LARGO-435
LARGO-500			
501	M6X6mm Screw	4	LARGO-501
502	Driving Belt Pulley	1	LARGO-502
503	Flywheel Axle	1	LARGO-503
504	Flywheel Ring–shaped Holder	1	LARGO-504
506	Aluminium Disk	1	LARGO-506
507	Flywheel	1	LARGO-507
516	Ø 8.2 Clip	1	LARGO-516
517	Flywheel D–shaped Holder	1	LARGO-517
525	Motor	1	LARGO-525
528	Magnet Bracket	1	LARGO-528
LARGO-700			
701	Foot Plate-Left	1	LARGO-701
702	Front Foot Plate Tube Front Cover - Upper	2	LARGO-702
703	M6x10mm Screw	4	LARGO-703
704	M6x12mm Screw	8	LARGO-704
705	Foot Plate Tube Sleeve M10x67-M615mm	2	LARGO-705
706	Front Foot Plate Tube Front Cover - Lower	2	LARGO-706
707	Foot Plate Tube-Left	1	LARGO-707
708	Foot Plate Tube-Right	1	LARGO-708
710	M8 Locknut	1	LARGO-710
711	Rear Foot Plate Tube Rear Cover #1	2	LARGO-711
712	Rear Foot Plate Tube Rear Cover #2	2	LARGO-712

PARTS

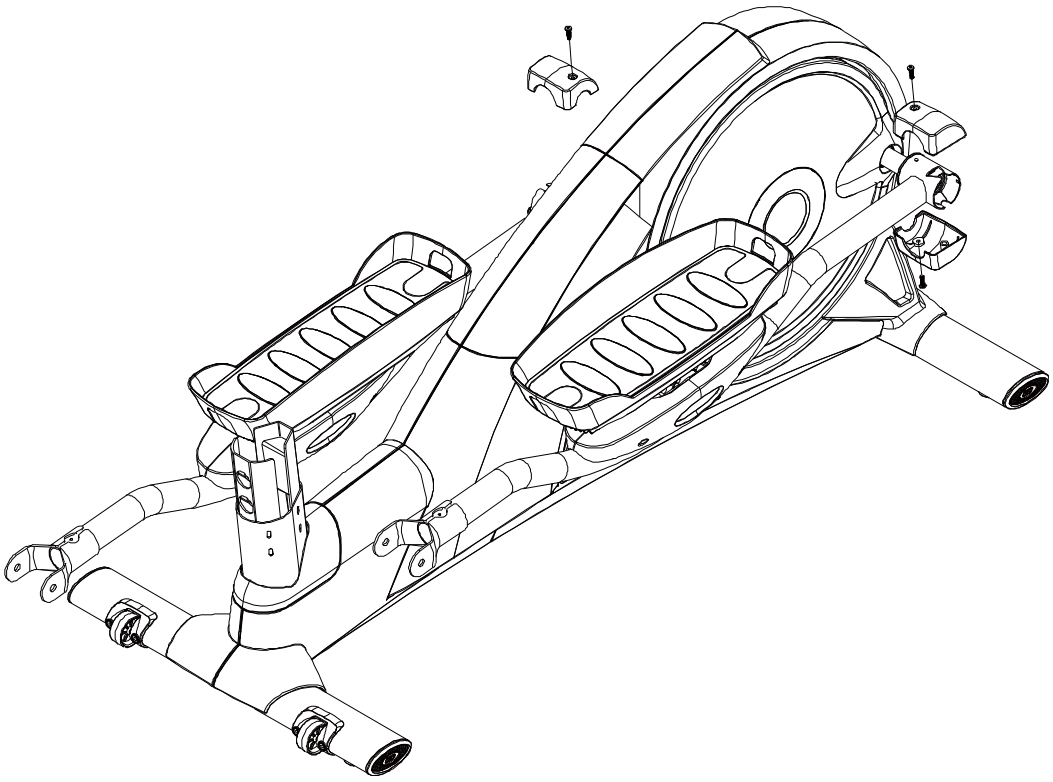
Item No.	Description	Qty.	Part No.
713	Bearing 2203	2	LARGO-713
715	Foot Plate-Right	1	LARGO-715
718	6x10x1mm Washer	4	LARGO-718
719	Pedal Soft Cushion	2	LARGO-719
720	Pedal Fixing Base	1	LARGO-720
721	Pedal Buffer Set	1	LARGO-721
723	M8x12mm Allen Head Screw	8	LARGO-723
724	Buffer Set Sleeve	2	LARGO-724
725	Bearing 608WN	4	LARGO-725
726	Foot Plate Cover	4	LARGO-726
727	M8x90mm Allen Head Screw	2	LARGO-727
728	M8x15mm screw	2	LARGO-728

STEP1 ASSEMBLY

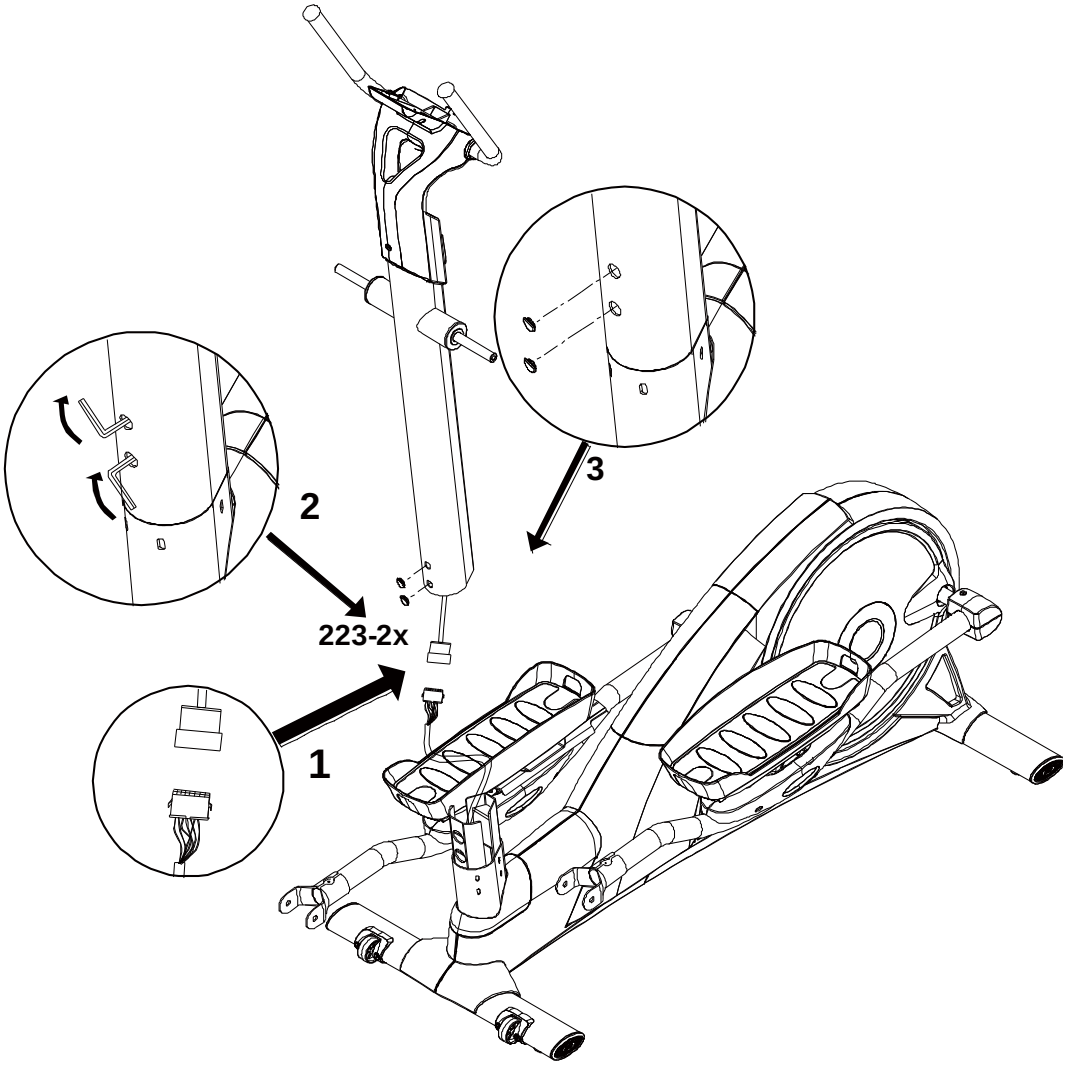


STEP2 ASSEMBLY

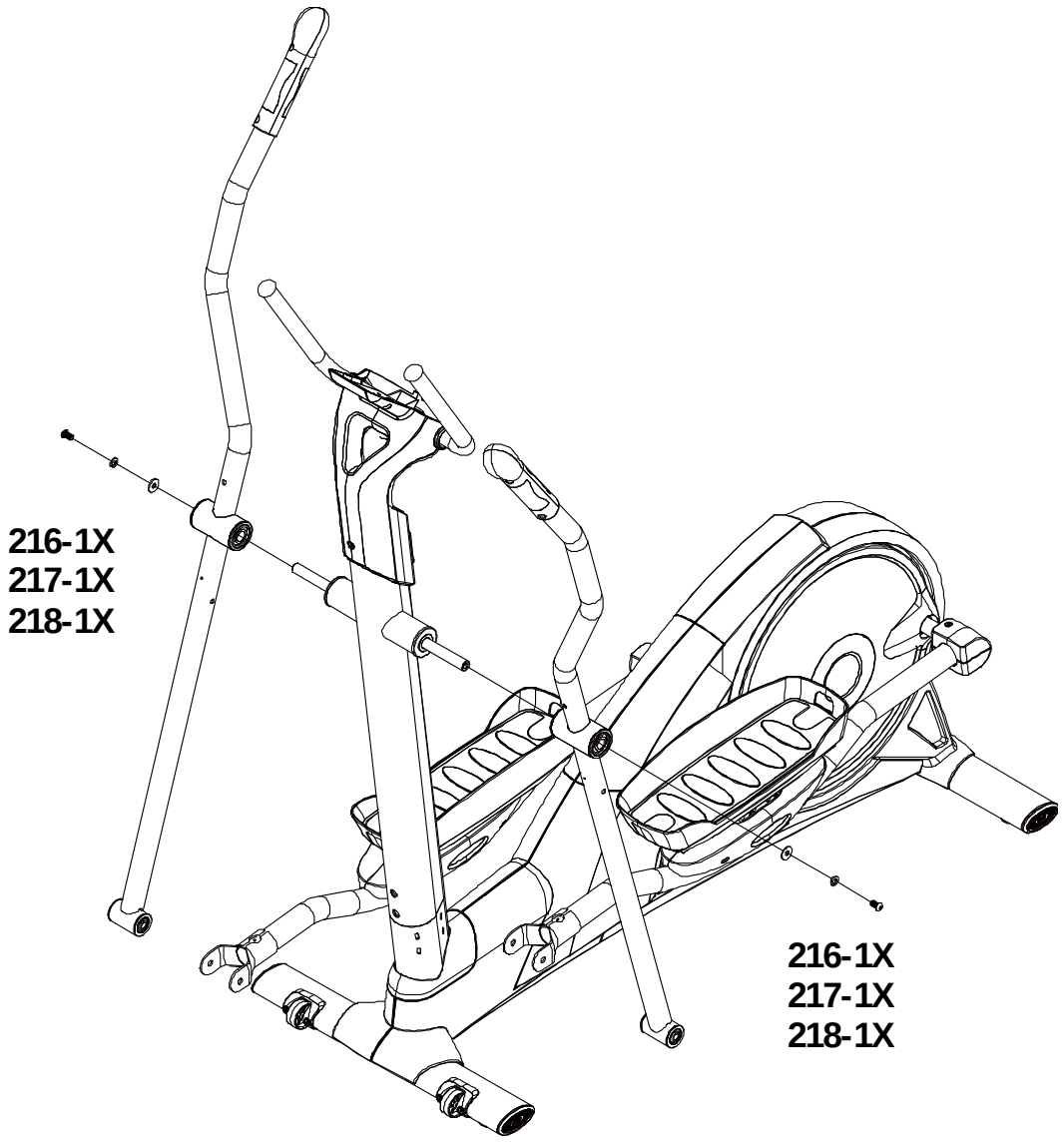
109-4X



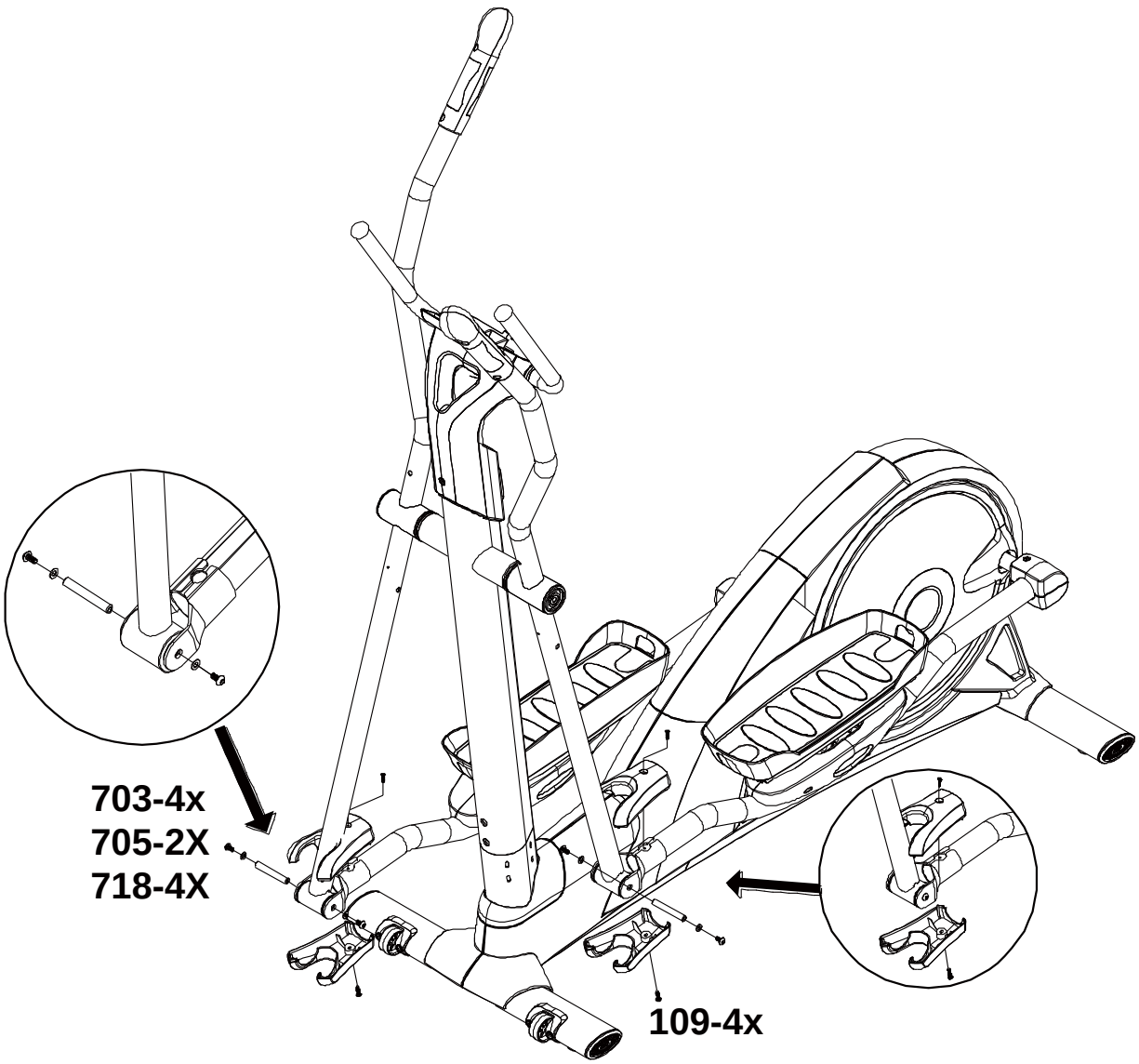
STEP3 ASSEMBLY



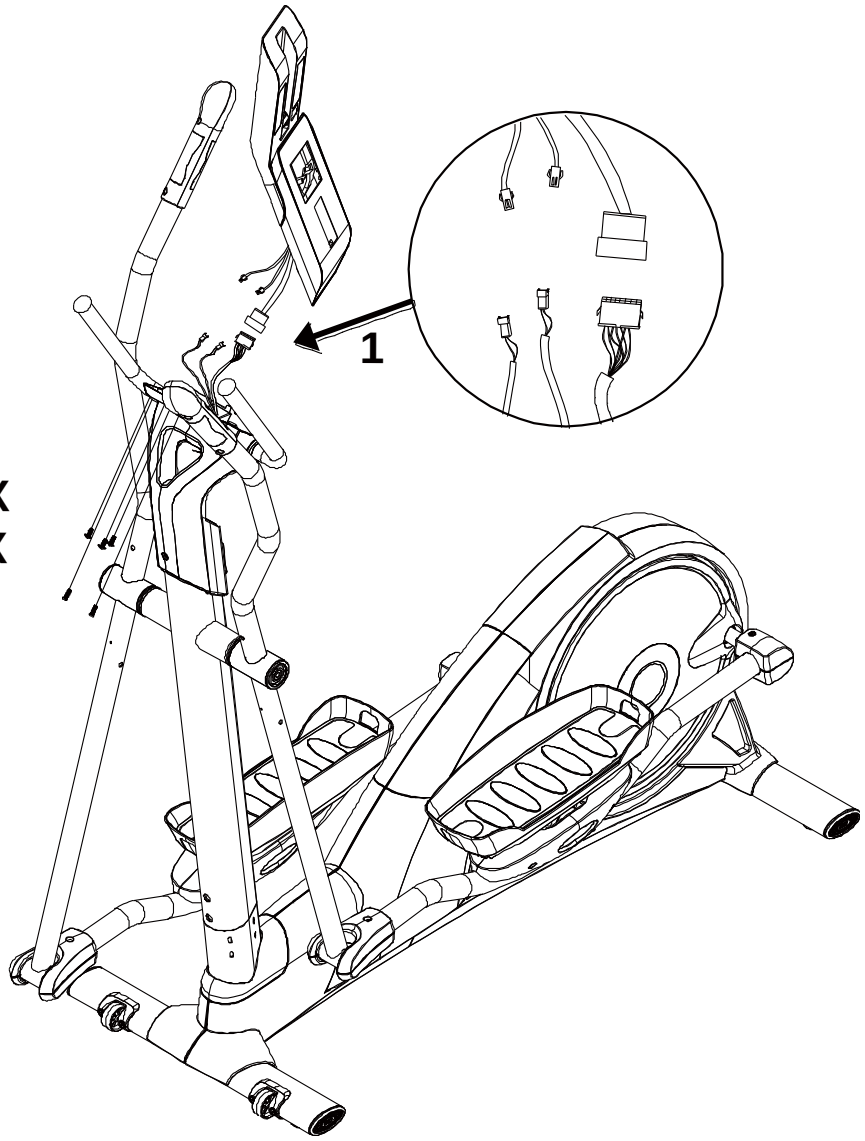
STEP4 ASSEMBLY



STEP5 ASSEMBLY

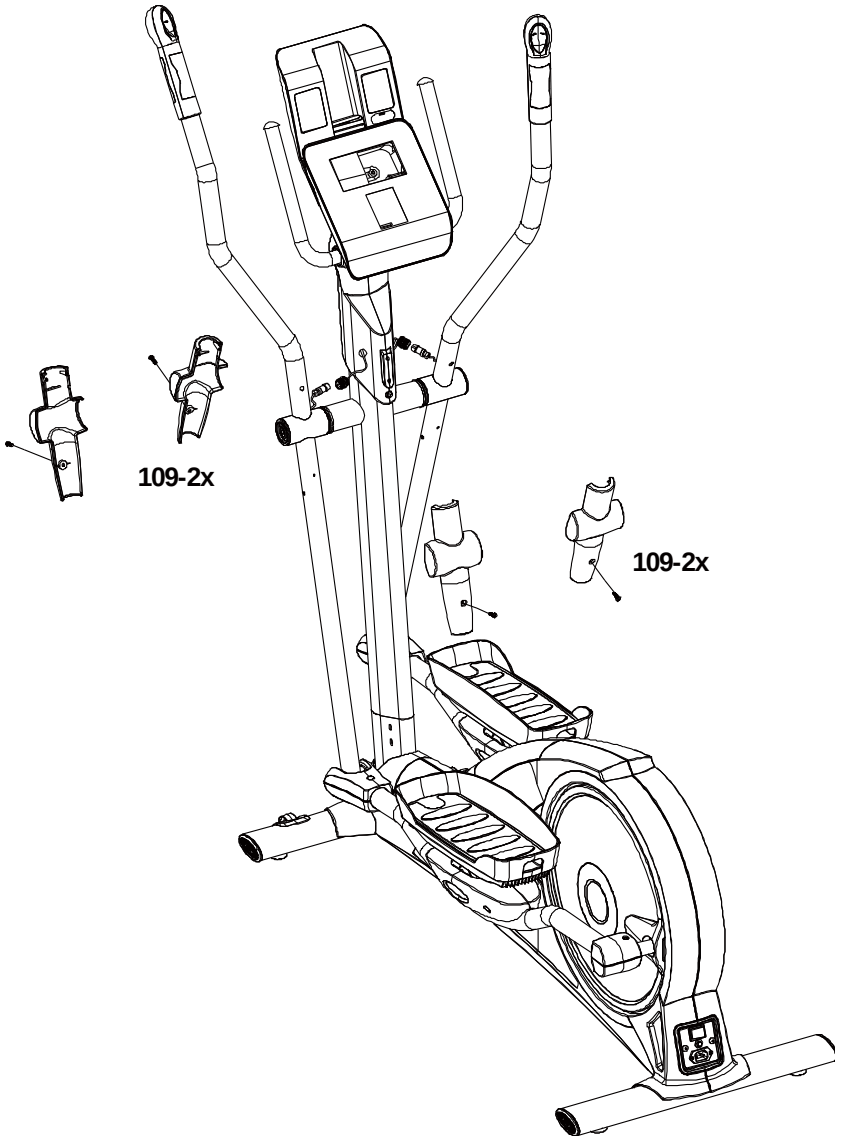


STEP6 ASSEMBLY

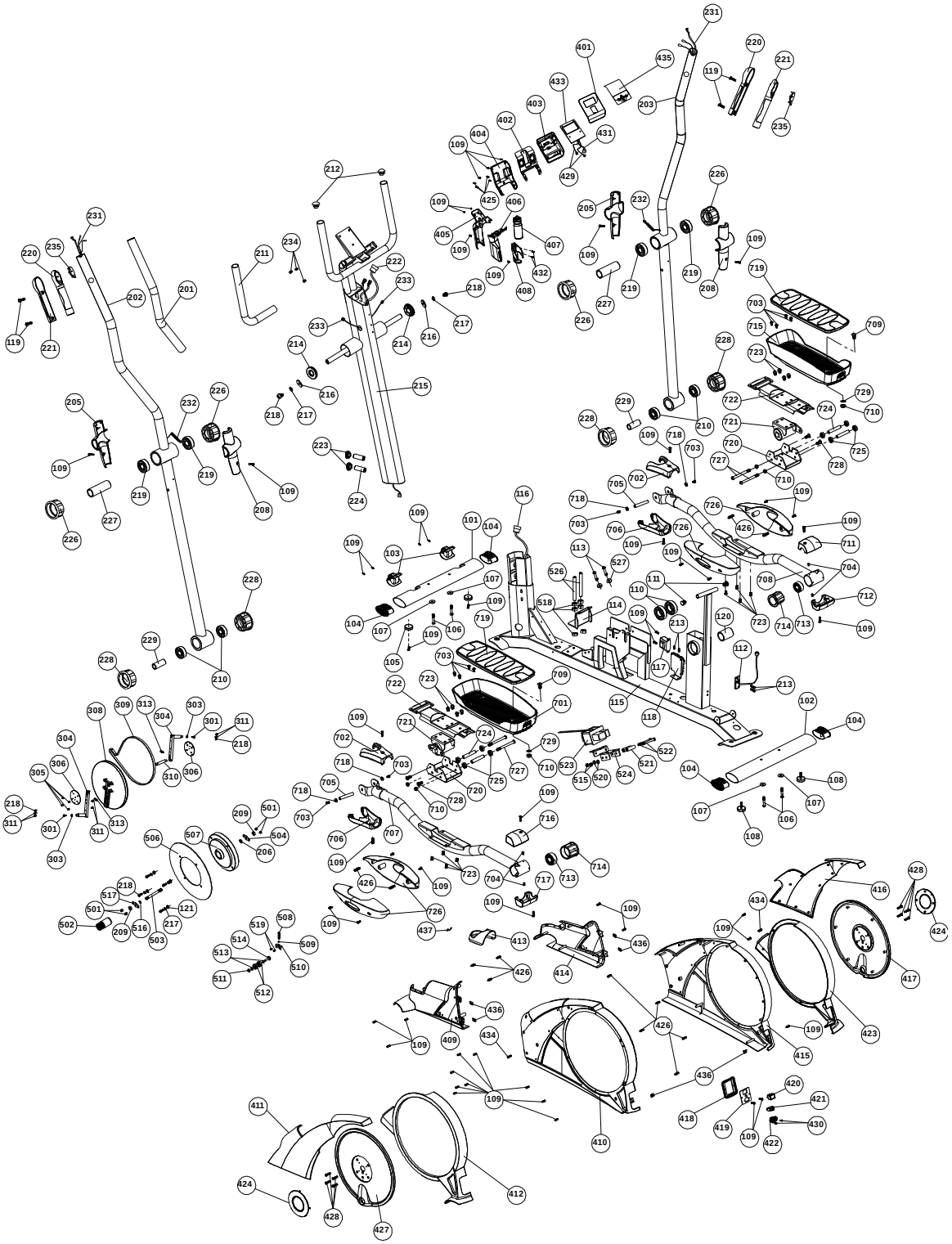


234-3X
109-2X

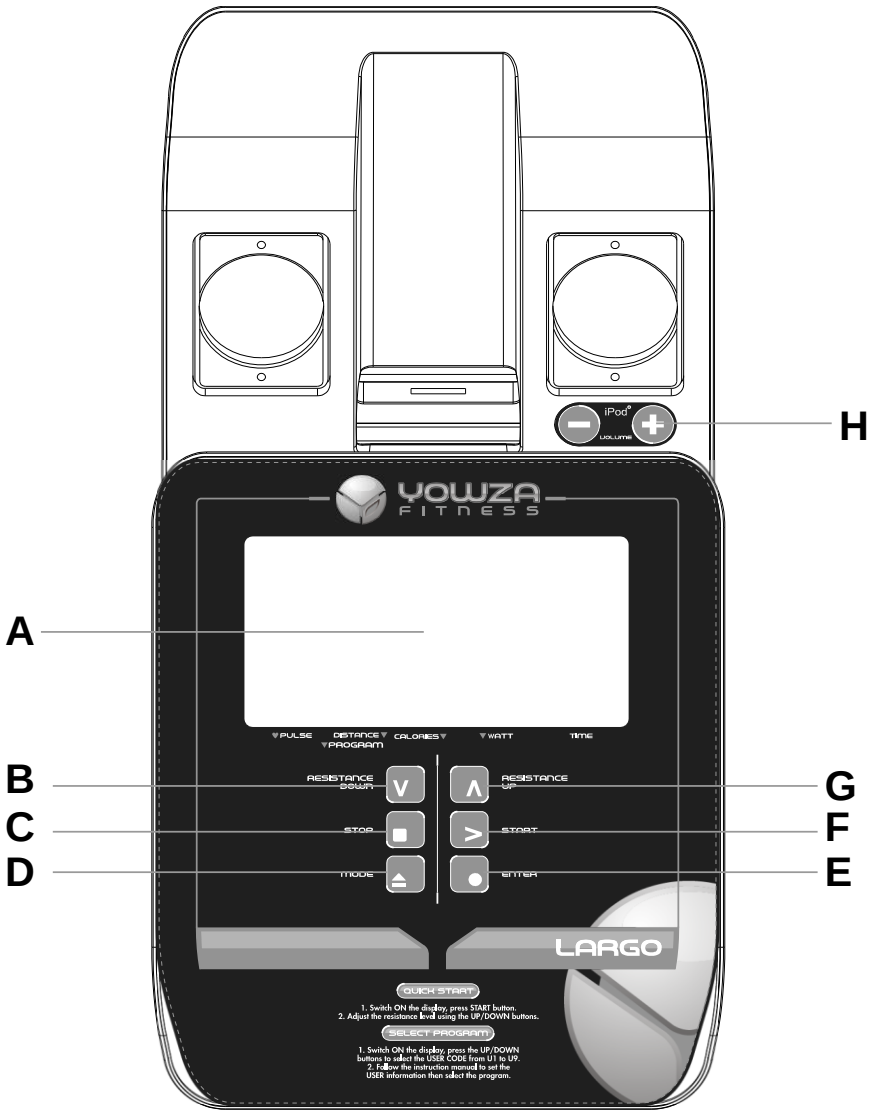
STEP7 ASSEMBLY



EXPLODED DIAGRAM



COMPUTER OPERATION

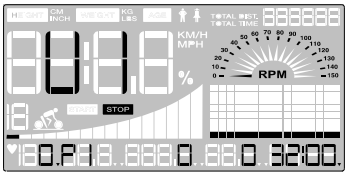


LCD DISPLAY	A	B	RESISTANCE DOWN BUTTON
STOP BUTTON	C	D	MODE BUTTON
ENTER BUTTON	E	F	START BUTTON
RESISTANCE UP BUTTON	G	H	iPod VOL CONTROLS

COMPUTER OPERATION

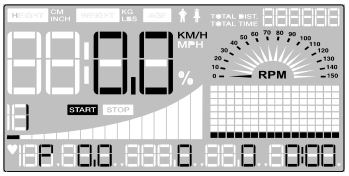
POWER ON

After connecting the power cord switch the power button on. The LCD screen will light up.
To switch back to the power on status after the machine has already been used press the stop button twice



QUICK START

When the computer is in the POWER ON STATUS, press the start button to activate the QUICK START program, the TIME, DISTANCE and CALORIES will count up when you start exercising.

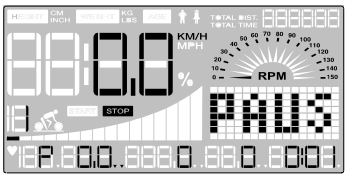


SLEEP MODE

When the power is ON the computer will automatically enter SLEEP MODE if it is left idle for 3 minutes without receiving any input, press any button to return to power on status when the computer is in the SLEEP MODE.

PAUSE MODE

While in the PROGRAM, without pedalling the machine for 30 seconds, the speed sensor located inside the machine can not detect any RPM signal, the console will enter the PAUSE MODE. During the PAUSE MODE, if you start pedalling the machine or press the START button, the console will return to the PROGRAM MODE and continue the original program. Press the STOP button to PAUSE the program, press STOP button twice and the LCD will return to POWER ON status.



BUTTONS AND FUNCTIONS

START BUTTON

Press START to begin your exercise.

STOP BUTTON

Press STOP button to pause the functions during your exercise program.
Press STOP button twice the program will return to power on mode.

RESISTANCE UP BUTTON

Press the button to increase the resistance level or set up the program.

RESISTANCE DOWN BUTTON

Press the button to reduce the resistance level or set up the program.

ENTER BUTTON

Press ENTER button to confirm the program set up.

MODE BUTTON

Press the button to switch the display.

COMPUTER OPERATION

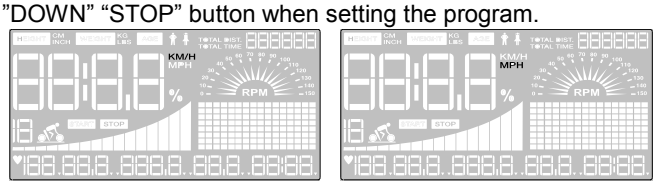
Metric (KM) to English (ML) conversion

The computer display can show both English and Metric information, if you want to change from the Metric to English, Please follow the below procedure:

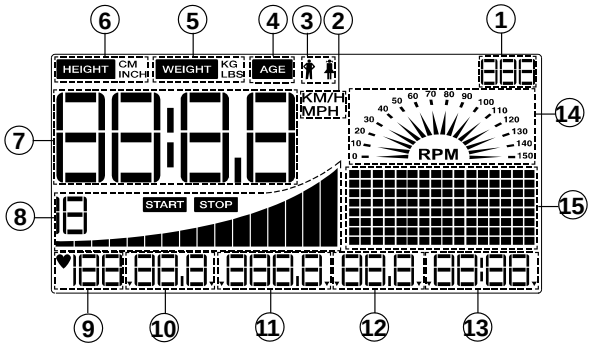
When the computer is in the POWER ON status. Press and hold the “STOP” button then press the “UP” button. The LCD will display E-I and the number 1, you can select 2 by pressing the UP/DOWN button. Press the START button during the selection mode, the LCD will show the “KM/H” or “MPH”. Select set KM/H or MPH by pressing the UP/DOWN button, and then press the ENTER button to confirm.

It was showing “KM/H” unit if the user do not set up the program. The computer will show distance with the unit which the user setting.

The computer just can use the “UP” ”DOWN” “STOP” button when setting the program.



DISPLAY



USER CODE (7)

Press the UP/DOWN to select the USER CODE from U1 to U9.

HEIGHT (6)

The HEIGHT display range is from 50 to 250 cm. The initial HEIGHT is 170 cm

The HEIGHT display range is from 20 to 100 inch. The initial HEIGHT is 67 inch.

WEIGHT (5)

The WEIGHT display range is from 20 to 200 kg. The initial WEIGHT is 68 kg.

The WEIGHT display range is from 44 to 440 lbs. The initial WEIGHT is 150 lbs.

AGE (4)

The range of AGE is from 10 to 99. The initial AGE is 35.

PROGRAM (10)

The range of the PROGRAM is from P1 to P9, the initial PROGRAM is P1.

PROGRAM LEVEL (7)

The range of the PROGRAM LEVEL is L1 to L8, the initial LEVEL is L1. The user can select circular and set up it. The program diagram will be show as the computer previously setting up. Each level representing two resistance steps.

RESISTANCE LEVEL (8;15)

The range of the RESISTANCE LEVEL is from 1 to 16.

RPM DIAGRAM (14)

The display range of the RPM diagram is from 0 to150.

The RPM diagram will display by integer, For example, The RPM between 30 and 39, The LCD will display 30.

SPEED (7)

The range of the Speed is from 0.0 to 99.9 km/h; m/ph.

WATT (12)

The display range of the WATT is from 0 to 999.

PULSE (9)

The PULSE - display range is from 0 to 199.

RPM (1)

The RPM - display range is from 0 to 999.

DISTANCE / PROGRAM (10)

The DISTANCE display range is from 0.0 to 99 kilometres; miles. The PROGRAM display range was from P1 to P9.

TIME (13)

The TIME display range is from 0:00 to 99. The initial TIME is “32:00”

GENDER (3)

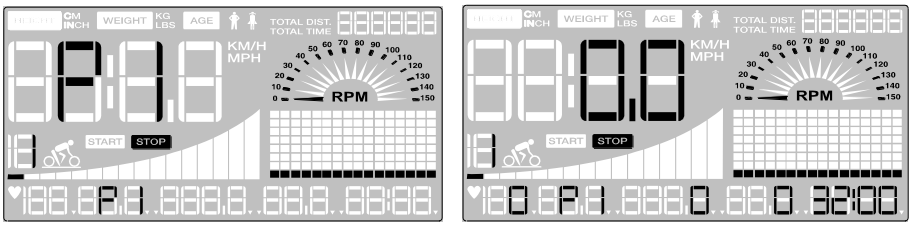
Press the UP/DOWN button to select your gender

COMPUTER OPERATION

P1: Target time program

After you have selected “P1-Target time program” press the “ENTER” button. The “TIME ”display will show the time of “32:00”, press the “UP “or “DOWN” button to adjust target time, then press the “ENTER“ button to confirm. Press the “START” button to begin the exercise program. To increase or decrease the RESISTANCE while exercising, press the “UP /DOWN“ button, The program will count down the preset time, “DISTANCE and CALORIES” will count up.

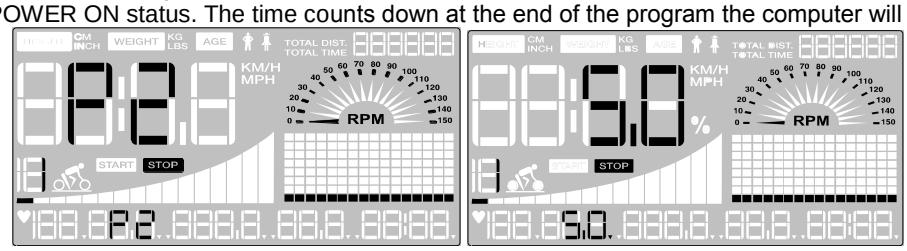
To pause the program while exercising, press the STOP button. To resume exercising, press the “START” button. The time counts down at the end of the program the computer will “beep”.



P2: Target distance program

After you have selected “P2- Target distance program”, The “DISTANCE“ display will show the DISTANCE setting of 5, press the up and down button to adjust target DISTANCE, then press “ENTER” to confirm. Press the “START” button to begin the exercise program. To increase or decrease the RESISTANCE while exercising, press the “UP and DOWN” button. The “DISTANCE” will count down the preset DISTANCE, the “TIME and CALORIES“ will count up from 0.

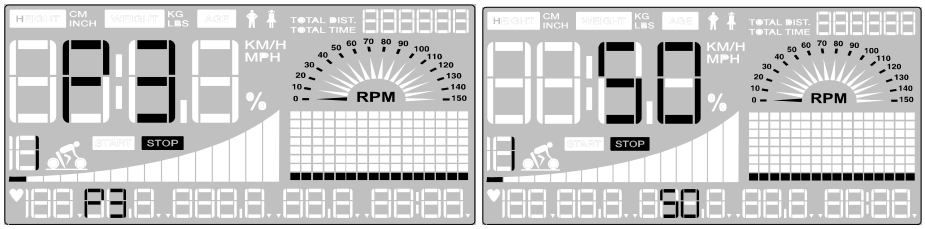
To pause the program while exercising, press the “STOP” button, if the “STOP” button is pressed after pausing the program, the computer will return to POWER ON status. The time counts down at the end of the program the computer will “beep”.



P3: Target calories program

After you have selected “P3- Target calories program”, the CALORIES display will show the calories setting “50”, press the “UP/DOWN” button to adjust target calories, then press “ENTER” to confirm. Press the “START” button to begin the exercise program. To increase or decrease the resistance while exercising, press the “UP and DOWN” button. The target calories will count down and the TIME, DISTANCE will count up from 0.

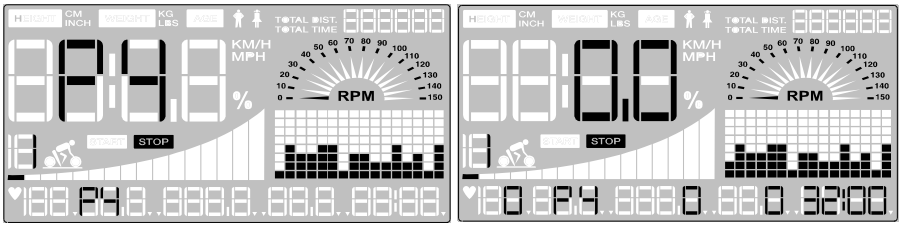
To pause the program while exercising, press the “STOP” button. To quit the program, press the “STOP” button twice. At the end of the program when the preset target has been achieved, the computer will beep.



P4: RANDOM program

After the user has selected “P4- RANDOM program”, The TIME will show the workout time setting of “32:00”, Press the ““UP /DOWN” button to adjust workout time, Then press the “ENTER” to confirm. Press the “START” button to begin the exercise program. The resistance display will show “1”. To increase or decrease the resistance while exercise, press the “UP/DOWN” button. The target time will count down, the DISTANCE and CALORIES will count up from 0.

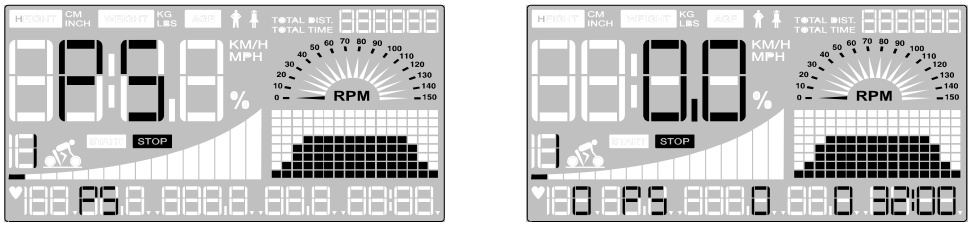
To pause the program while exercising, press the “STOP” button, To quit out the program, press the “STOP” button twice. At the end of the program when the target has been achieved, the computer will beep.



COMPUTER OPERATION

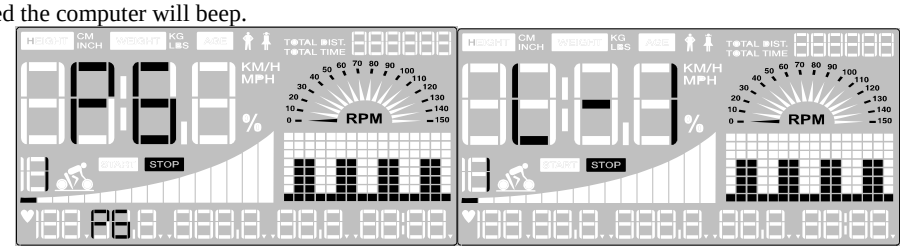
P5: Fat burning program

After the user has selected “P5 Fat burning program “, the TIME display will show the workout time setting of “32:00”, press the “UP /DOWN ” button to adjust workout time then press “ENTER” to confirm. Press the ”START” button to begin the “Fat burning program ”.
The aim of a FAT BURNING program is to exercise for a longer period of time at a reduced level of intensity. This will allow you to burn more calories than if you were using a program that has higher levels of resistance over a shorter period of time.
The RESISTANCE display will show “1”. To increase or decrease the resistance while exercising, press the “UP/DOWN” button. The target time will count down, the DISTANCE, CALORIES display will count up from 0.
To pause the program while exercising, press the “STOP” button. To quit the program, press the “STOP” button twice. At the end of the program when the target has been achieved, the computer will beep.



P6: INTERVAL program

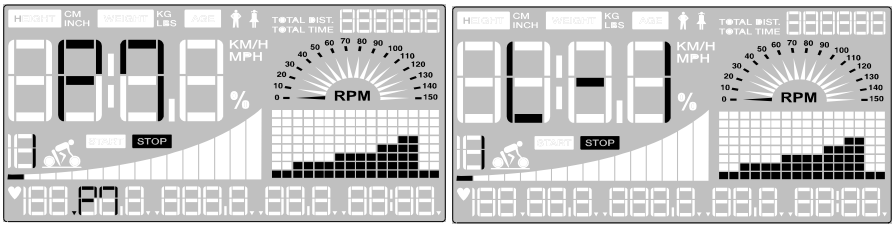
LEVEL
After the user has selected “P6 INTERVAL program”, The SPEED display will show “L1”
Press the “UP and DOWN” button to adjust the Level from “L1” to “L8”, press the “ENTER” button to continue the program.
TIME
After you have set up the Level, press the “ENTER” button, The TIME display will show the workout time setting of “32:00 ”, press the “UP and DOWN ” button to adjust the TIME, press the “ENTER ” button to confirm.
Press the “START” button to begin the exercise program .The RESISTANCE display will show the Level the user has set. To increase or decrease the resistance while exercising, press the “UP/DOWN” button. The time will count down to the end. The DISTANCE and CALORIES display will count up from 0.
To pause the program while exercising, press the “STOP” button. To quit the program, press the “STOP” twice. At the end of program count when the target has been achieved the computer will beep.



P7: ENDURANCE program

LEVEL
After the user has selected “P7” ENDURANCE program, the “SPEED” display will show “L1”Press the “UP and DOWN” button to adjust the Level from “L1” to “L8”, press the “ENTER” button to continue the program.
TIME
After you have set up the Level, press the “ENTER” button, The TIME display will show the workout time setting of “32:00 ”, press the “UP and DOWN” button to adjust the time, press the “ENTER” button to confirm.

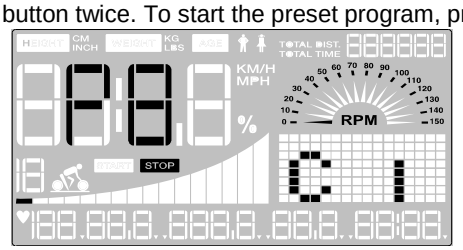
Press the “START” button to begin the exercise program. The RESISTANCE display will show the Level the user has set. To increase or decrease the resistance while exercising, press the “UP /DOWN” button. The time will count down, the DISTANCE, CALORIES display will count up from 0.
To pause the program while exercising, press the “STOP” button. Press the “STOP” button twice, the program will return to POWER ON status. At the end of the program when the target has been achieved, the computer will beep.



COMPUTER OPERATION

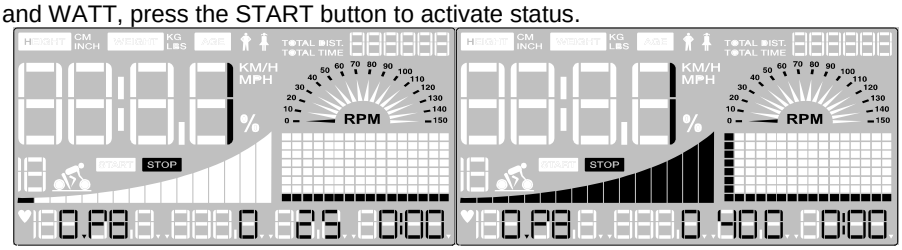
P8: C1 - C5 INDIVIDUAL CUSTOM PROGRAM

When the user selects P8 CUSTOM program and press ENTER button, C1 will display and flash on the LCD. The program can allow each user to create 5 individual custom programs and store the settings for repeated workouts. To select the program from C1 to C5, press the UP/DOWN button. Press ENTER button to confirm the selection then continue to set up.
When you´ve selected one custom program, the LCD will display the previous setting graphics. The maximum workout time of each user program is 60 minutes. The time will count down from the preset time.
To quit the custom program, press the STOP button twice. To start the preset program, press the START button.



Main Individual custom program

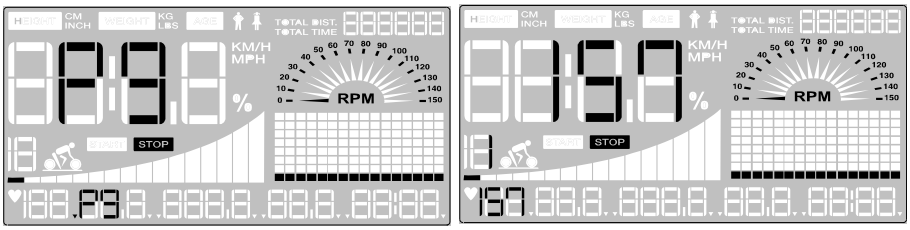
When the user selects one custom program and presses the ENTER button to set up, the user comes into the WATT and Time setting mode. In the display the first minute is flashing. To adjust the WATT, press UP and DOWN button. Then press the ENTER button to reserve the setting and continue to next minute setting of the program, etc.
To get back to the previous setting minute to reset, press the MODE button to switch.
After setting up the time and WATT, press the START button to activate status.



Press the “START” button to begin the exercise program. The LCD display will show the WATT status as the user set it.
To increase or decrease the WATT while exercising in the program activate status, press the “UP /DOWN ” button. The target time of the program will count down from the preset time. The DISTANCE, CALORIES display will count up from 0.
To pause the program while exercising, press the “STOP” button. To quit the program, press the “STOP button” twice. At the end of the program when the target has been achieved, the computer will beep.

P9: Target pulse program

Pulse setting
When the user has selected the “P9 Target pulse program”, the “PULSE” display will show and flashing “157”. Press the UP/DOWN button to adjust the PULSE, after setting the PULSE, press the “ENTER” button to continue the program setting.
Time
After you have selected “P9 Target pulse program”, the TIME display will show the workout time setting “32:00”. Press the UP/DOWN button to adjust workout time then press ENTER button to confirm. Press START to begin the exercise program.
To pause the program while exercising, press the “STOP” button. To quit the program, press the “STOP” button twice. At the end of the program when the target has been achieved, the computer will beep.



COMPUTER OPERATION

WARM UP – Target pulse program

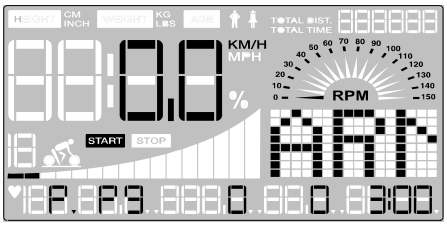
After completing the TIME set up and starting the program, there is a total 3 minute warm up section. The WARM UP section will help you reach the target workout PULSE. The resistance will start from 2. When the “warm up” section starts, the LCD display will show the words “warm up” three times.

When the user uses the “Warm up and Target pulse” program, the “DISTANCE and CALORIES” will count up from 0. The computer will detect the user pulse and compare it with the preset estimate normal pulse every 15 seconds. The 3 minutes warm up program will count down from the pre-set time. If the actual PULSE does not reach the target workout pulse, the resistance will increase one level every 15 seconds.

If the computer does not detect the user actual PULSE, the computer will pause the compare function and stop increasing the resistance. The LCD will show “NO PULSE”.

When the computer detects the actual pulse rate has reached the minimum target workout PULSE in the “warm up” section, the resistance will stop increasing and continue at the same resistance until the 3 minute warm up is completed and then go into the Target pulse main program.

If you cannot reach the minimum target workout pulse in 3 minutes, the program will continue the second 3 minutes WARM UP section. If during the second WARM UP the user still cannot reach the minimum target workout heart rate, the computer will continue to the third WARM UP section for 3 minutes. If the third WARM UP section still cannot bring up the actual pulse rate to the minimum target workout pulse, the computer will sound a beep, meanwhile the program will STOP, and TIME display will show “FAIL”, 10 seconds later, the program will return to power on status.



Target pulse main program

After the actual pulse rate reaches the minimum target workout pulse rate and completes the warm up section, the computer will go into the main program and the time will count down from the pre-set time. During the main program, the computer will detect the user pulse rate every 15 seconds. The RESISTANCE, DISTANCE, CALORIES will continue to count up from the “Warm up” section into the Target pulse Program. To increase or decrease the selected Pulse rate while exercising, press the “UP and DOWN” button.

If the computer does not detect the user actual pulse rate, the computer will pause the compare function and stop increasing the RESISTANCE. The LCD will show “NO PULSE”.

If the actual pulse rate cannot reach the maximum target workout pulse rate, the resistance level will be increased by 1 level every 15 seconds until the pulse rate reaches the maximum target workout pulse rate.

If the actual pulse is higher than the maximum target workout pulse rate, then the resistance will be reduced 1 level every 15 seconds until the actual pulse rate meets the maximum target workout pulse rate.

If the actual pulse is higher than the maximum target pulse rate for 3 minutes or over, the preset time counts down to the end, the computer will stop the Target pulse program and then begin the COOL DOWN function.

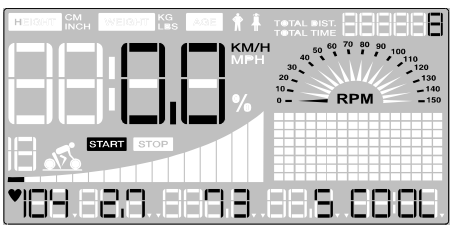
COOL DOWN –Target pulse program

After completing the Target pulse and the TIME counts down to zero there is a one-minute COOL DOWN program. The TIME display will show ‘COOL’ for 10 seconds and start flashing. The resistance will return to level 1 as the time counts down from 1:00 (including the 10 seconds ‘COOL’ display time).

When the computer starts the COOL DOWN program, the RESISTANCE will return to the “1” Level, the “DISTANCE and CALORIES” will continue in the “Target pulse” program display and count up continue.

To pause the program while exercising, press the “STOP” button. Press the “STOP” button twice and the program will return to POWER ON.

The “UP, DOWN, START, MODE“ buttons do not work in the “COOL DOWN ” program.



COMPUTER OPERATION

P 10: Target zone program

"Max Target Rate" % has 3 regular setting modes in the Target zone program. When the user inputs the AGE information, the program automatically sets up Estimated Maximum pulse rate.

When the user selects the P10 - Target zone program and presses the ENTER button, the LCD display will show and flash "65%". Press the UP/DOWN button to select and set up Max Target Rate to either 65%, 75% or 85%. After setting up the Max Target Rate, press the "ENTER" button to continue the program setting.

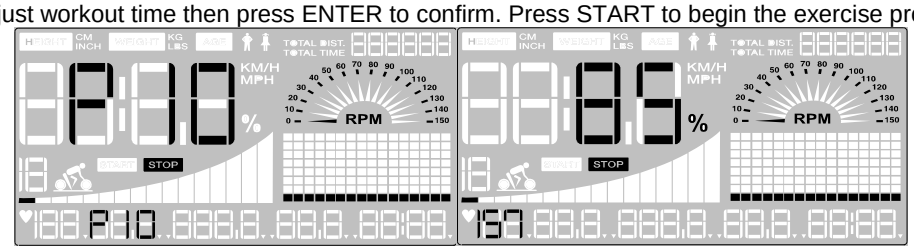
Target zones:

65%: Health/Fat Burning

75%: Fitness/Body Shaping

85%: Performance

After you set the Max Target Rate and press the ENTER button, the TIME display will show the workout time setting "32:00". Press the UP/DOWN button to adjust workout time then press ENTER to confirm. Press START to begin the exercise program.



WARM UP – Target zone program

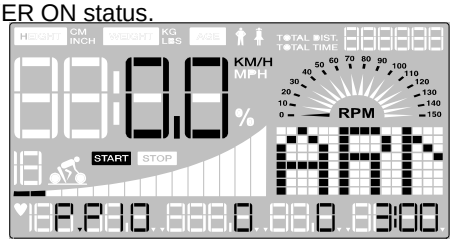
After completing the TIME setting up, Press the START button to start the program. There is a 3 minute warm up section. The WARM UP section will count down from 3 minutes. The WARM UP section will help you reach the minimum target workout pulse rate. When you start the "WARM UP" section, the LCD display will show the words "WARM UP" three times. The TIME display will count down from the preset time, the "DISTANCE" and "CALORIES" display will count up from 0. The computer will detect user pulse rate and compare with the preset estimate normal pulse rate every 15 seconds.

During the 3 minutes warm up section the preset time will count down and the "DISTANCE and CALORIES" will count up from 0. If the actual pulse rate does not reach the target workout pulse rate, the resistance will increase 1 level every 15 seconds.

If the computer does not detect the user actual pulse rate, the computer will pause the compare function and stop increasing the resistance. The LCD will show "NO PULSE".

When the computer detects that actual pulse rate reaches the minimum target workout pulse rate in the "Warm up" procedure, the resistance will stop increasing and continue at the same resistance until the 3 minute warm up is complete and then go into the target zone main program.

If you cannot reach the minimum target workout pulse rate in 3 minutes, the program will continue the second 3 minutes WARM UP section. If during the second WARM UP section the user still cannot reach the minimum target workout pulse rate, the computer will continue on to the third WARM UP section for 3 minutes. If after the third WARM UP program still cannot bring up the actual pulse rate to the minimum target workout pulse rate, the computer will beep, meanwhile the program will stop and TIME display will show "FAIL". 10 seconds later the program will return to POWER ON status.



Target zone main program

After the actual pulse rate reaches the minimum target workout pulse rate and completes the Warm up section, the computer will go into the main program and the time will count down from the pre-set time. During the main program, the computer will detect the user pulse rate every 15 seconds. The RESISTANCE, DISTANCE, CALORIES will continue to count up from the "Warm up" section in the Target zone program.

If the computer does not detect the user actual pulse rate, The computer will pause the compare function and stop increasing the resistance. The LCD will show "NO PULSE".

If the actual pulse rate cannot reach the maximum target workout pulse rate, the resistance level will be increased by 1 level every 15 seconds until the pulse rate reaches the maximum target workout pulse rate.

If the actual pulse is higher than the maximum target workout pulse rate, then the resistance will be reduced 1 level every 15 seconds until the actual pulse rate meets the maximum target workout pulse rate.

If the actual pulse is higher than the maximum target pulse rate for 3 minutes or over, or the preset time has counted down to the end, the computer would stop Target zone program and then begin the COOL DOWN function.

COMPUTER OPERATION

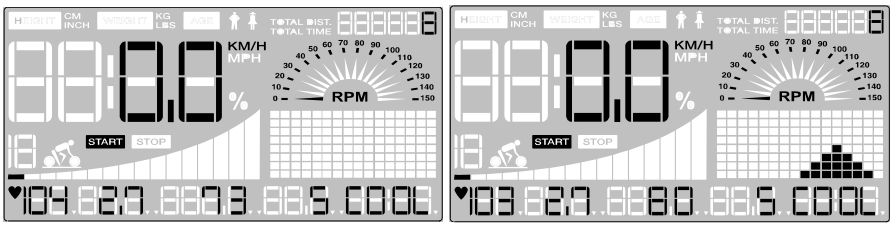
COOL DOWN – Target zone program

After completing the Target zone program, the time counts down to zero and there is a one-minute COOL Down program. The TIME display will show 'COOL' for 10 seconds and start flashing. The resistance will return to level 1 as the time counts down from 1:00 (including the 10 seconds 'COOL' display time).

When the computer starts the COOL DOWN program, the resistance will return to the "1" Level, the "DISTANCE and CALORIES" will continue in the "Target zone" program display and counts up continue.

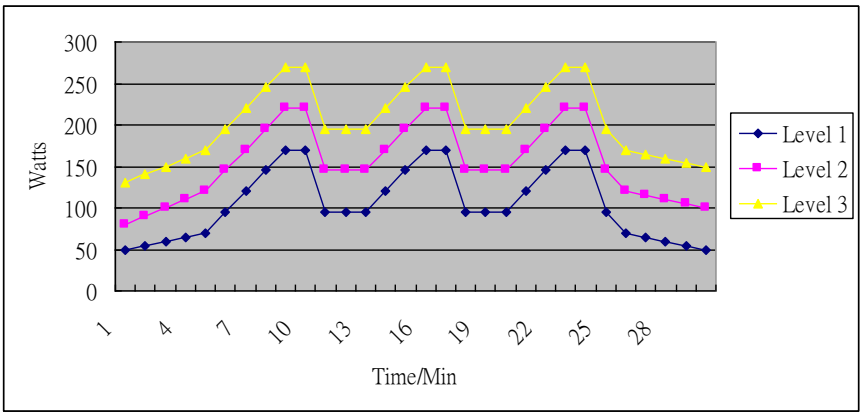
pause to the program while exercising, press the "STOP" button. To quit the program, press the "STOP" button twice.

The "UP","DOWN","START" and "MODE" buttons do not work in the "COOL DOWN" program.



P11: 30 MIN Intensive interval program

When the user selected the P11 -30 MIN Intensive interval program and press the ENTER button, the LCD display will show L-1 initially. To select the program level from L1 to L3, press UP/DOWN button, then press the ENTER button to save the setting up so as to continue to set up program.

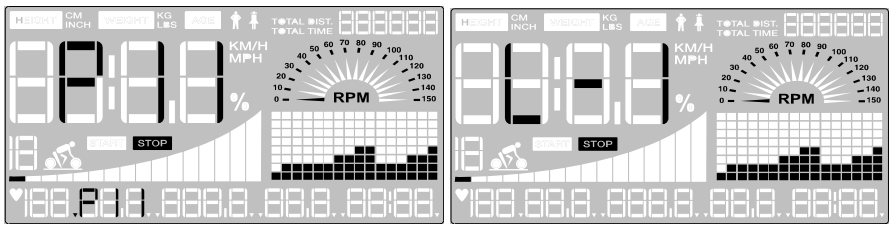


When the user presses the START button, the LCD display shows the WATT profile based on the user´s individual settings.

To adjust the WATT, press the UP and DOWN button, the program will count down time form the preset time, and DISTANCE, CALORIES will count up from zero.

When start the program, press the STOP button to pause the program, the program will come in POWER ON mode when the user presses the STOP button twice.

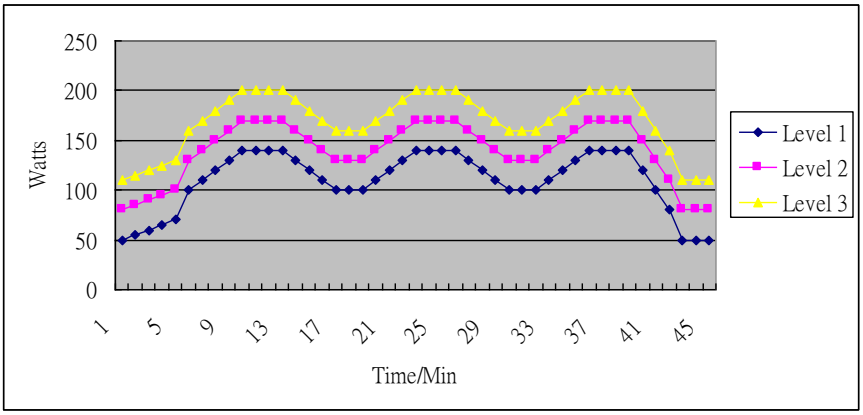
When the preset time count down has been achieved, the LCD display will stop the program along with a beep.



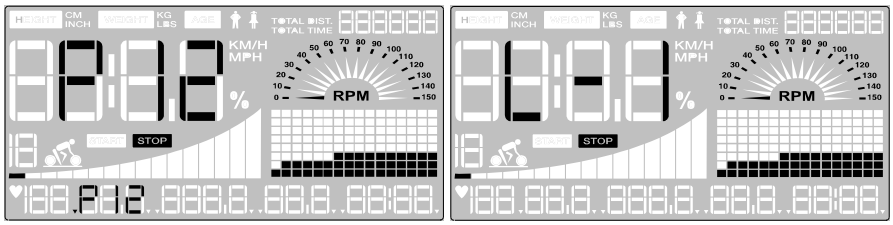
COMPUTER OPERATION

P 12: 45 MIN Cardio training workout program

When the user selects the P12 - 45 MIN Cardio training workout program and presses the ENTER button, the LCD display will show L-1 initially. To select the program level from L1 to L3, press UP/DOWN button, then press the ENTER button to save the setting up so as to continue to set up program.



When the user presses the START button, the LCD display shows the WATT profile based on the user´s individual settings.
To adjust the WATT, press the UP and DOWN button, the program will count down time form the preset time, and DISTANCE, CALORIES will count up from zero.
When start the program, press the STOP button to pause the program, the program will come in POWER ON mode when the user press the STOP button twice.
When the preset time count down has been achieved, the LCD display will stop the program along with a beep.

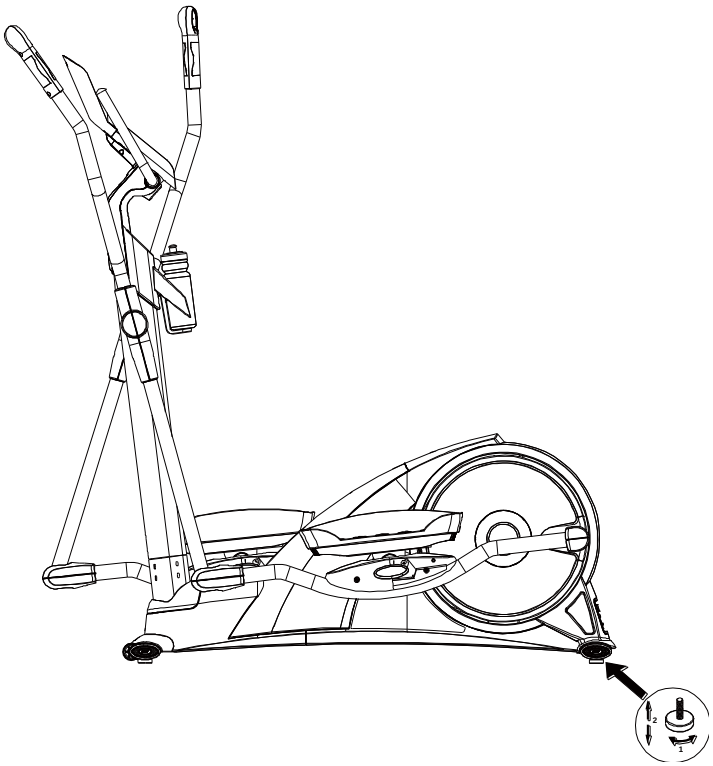


LEVEL ADJUSTMENT

LEVEL ADJUSTMENT:

To adjust the level of the Largo Cross trainer simply rotate the Level Adjusters clockwise or counter clockwise.

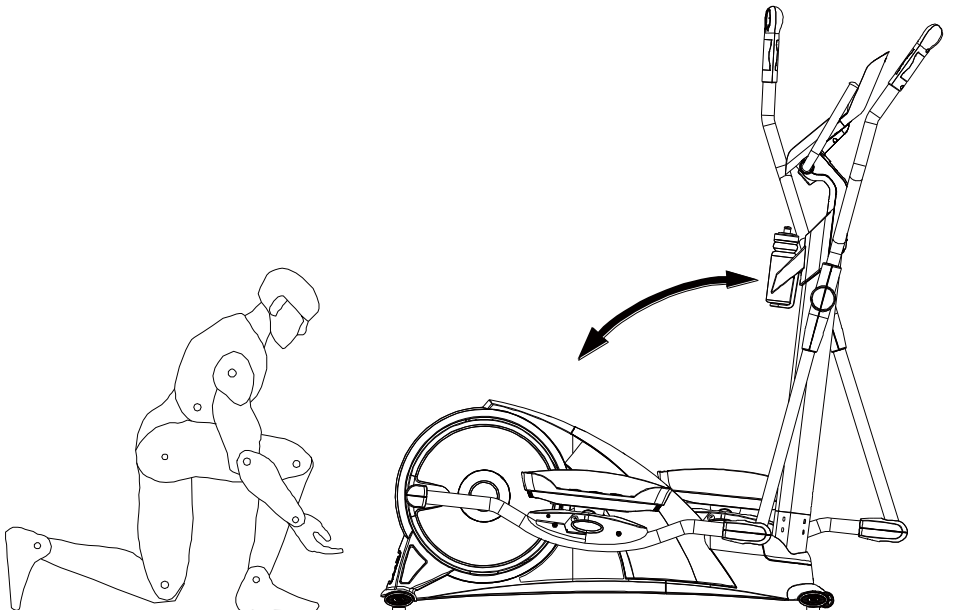
Tilt the cross trainer to access stabilizers.

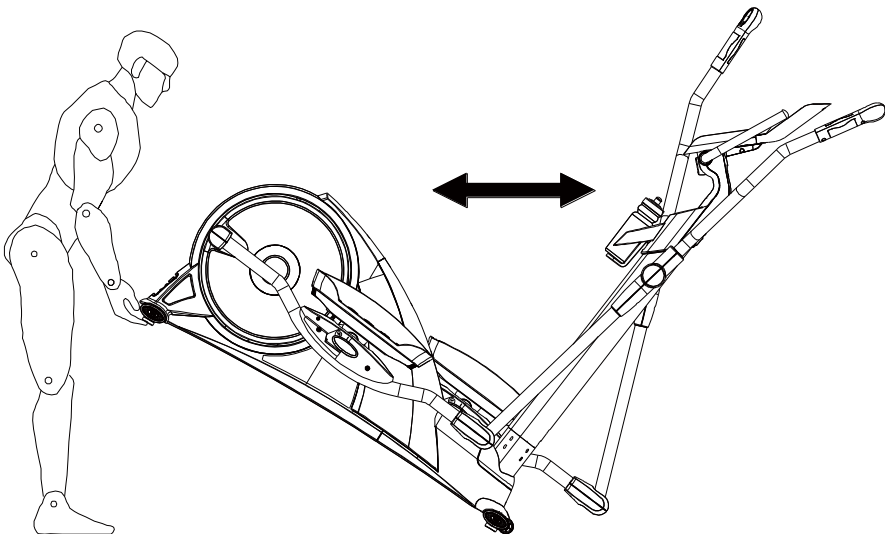


TRANSPORT INSTRUCTIONS

TRANSPORT INSTRUCTIONS:

The casters located on the rear of the unit allow for easy transport. Simply lift the front of the unit until the wheels touch the floor. Then roll the unit to a desired location.





IMPORTANT STEPS

Warning:

Before using this product, please consult your personal physician for a complete physical examination. Frequent and strenuous exercise should be approved by your doctor first. If any discomfort should result from your use of this product, stop exercising and consult your doctor. Proper usage of this product is essential. Please read your manual carefully before exercising.

Please keep all children away from the equipment during use and when equipment is unattended.

Always wear appropriate clothing, including athletic shoes, when exercising. Do not wear loose clothing that could become caught during exercising.

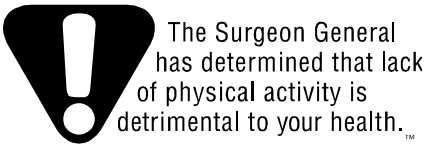
Make sure that all bolts and nuts are tightened when equipment is in use. Periodic maintenance is required on all exercise equipment to keep it in good condition.

Before beginning:

How you begin your exercise program depends on your physical condition. If you have been inactive for several years, or are severely overweight, you must start slowly and increase your time gradually, a few minutes per week.

Initially you may be able to exercise only for a few minutes in your target zone. However, your aerobic fitness will improve over the next six to eight weeks. Don't be discouraged if it takes longer. It's important to work at your own pace. Ultimately, you'll be able to exercise continuously for 30 minutes. And the better your aerobic fitness, the harder you will have to work to stay in your target zone. But remember these essentials:

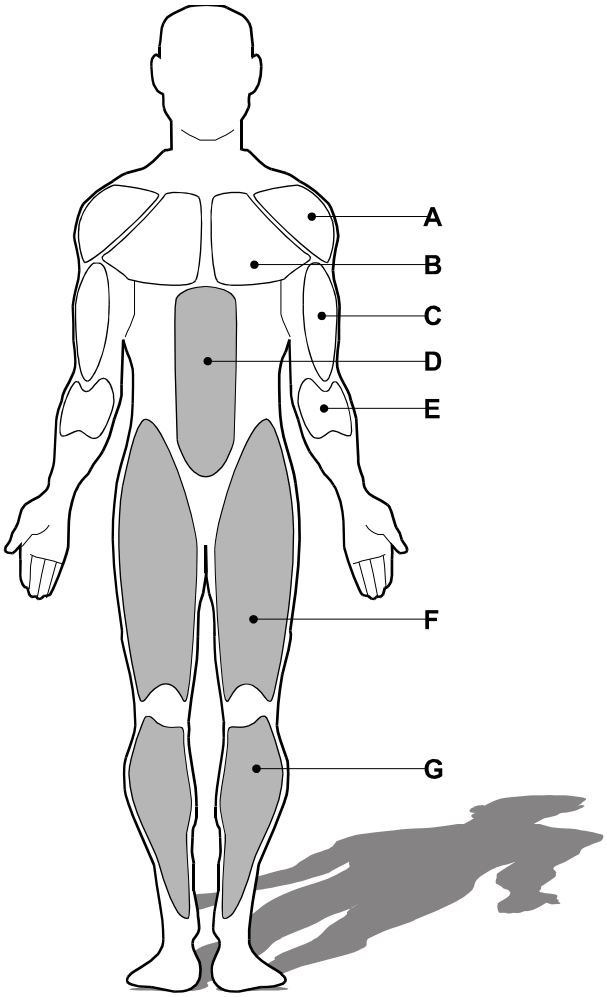
- Contact your physician before starting a workout or training program. Have your doctor review your training and diet programs to advise you of a workout routine you should adopt.
- Begin your training program slowly with realistic goals that have been set by you and your doctor.
- Supplement your program with some type of aerobic exercise such as walking, jogging, swimming, dancing and/or bicycling. Monitor your pulse frequently. If you do not have an electronic heart rate monitor, have your physician show you the proper way to manually check your pulse by using your wrist or neck. Establish your target heart rate based on your age and condition.
- Drink plenty of fluids during the course of your routine. You must replace the water content lost from excessive exercising to avoid dehydration. Avoid drinking large amounts of cold liquids. Fluids should be at room temperature when consumed.

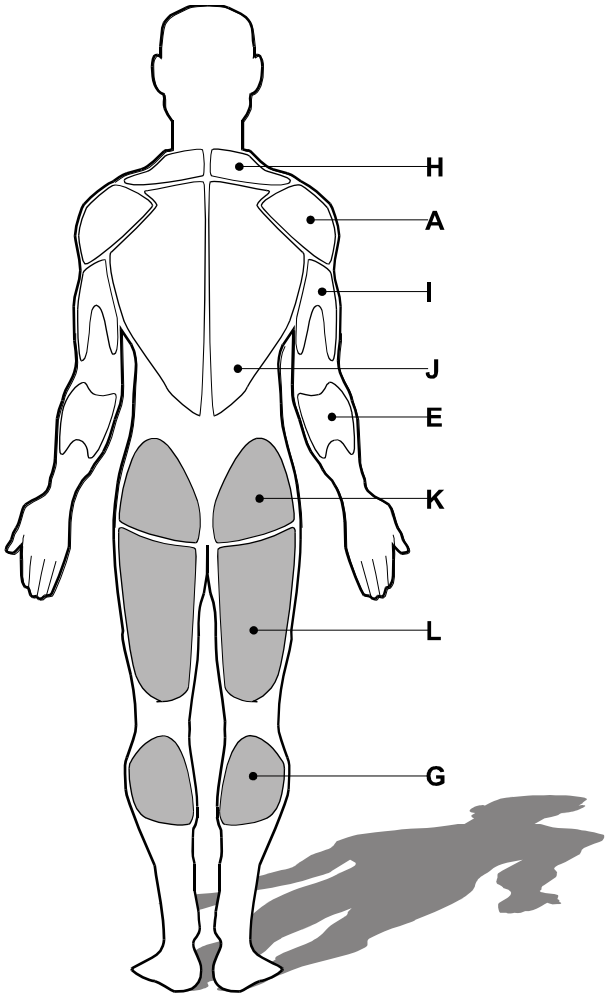


MUSCLE CHART

Targeted muscle groups:

The exercise routine that is performed on this product will develop primarily lower body muscle groups. These muscle groups are shown in gray color on the chart below.





MUSCLE GROUPS

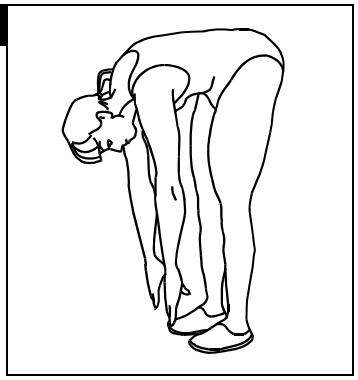
A	Shoulder muscles	Calf muscles	G
B	Pectoral muscles	Trapezius muscles	H
C	Bicep muscle	Triceps muscles	I
D	Abdominal muscles	Back muscles	J
E	Forearm muscles	Gluteal muscles	K
F	Quadricep muscles	Hamstring muscles	L

STRETCHING ROUTINE

Warm up and cool down:
A successful exercise program consists of a warm-up, aerobic exercise, and a cool-down. Do the entire program at least two and preferably three times a week, resting for a day between workouts. After several months, you can increase your workouts to four or five times per week.
Warming up is an important part of your workout, and should begin every session. It prepares your body for more strenuous exercise by heating up and stretching out your muscles, increasing your circulation and pulse rate, and delivering more oxygen to your muscles. At the end of your workout, repeat these exercises to reduce sore muscle problems. We suggest the warm-up and cool-down exercises on the following pages:

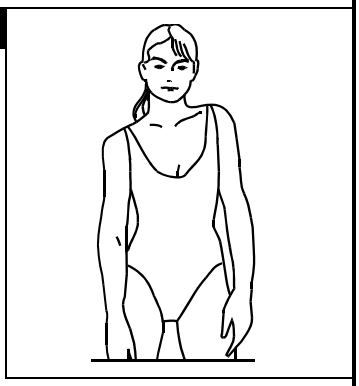
Toe Touch:

Slowly bend forward from your waist, letting your back and shoulders relax as you stretch toward your toes. Reach down as far as you can and hold for 15 counts.



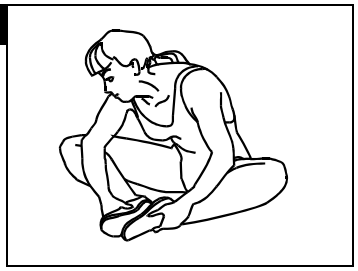
Shoulder Lift:

Lift your right shoulder up toward your ear for one count. Then lift your left shoulder up for one count as you lower your right shoulder.



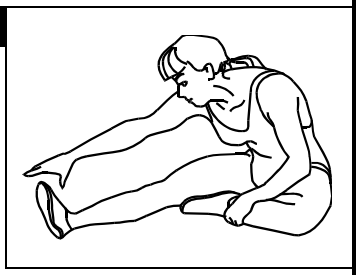
Inner Thigh Stretch:

Sit with the soles of your feet together with your knees pointing outward. Pull your feet as close into your groin as possible. Gently push your knees towards the floor. Hold for 15 counts.



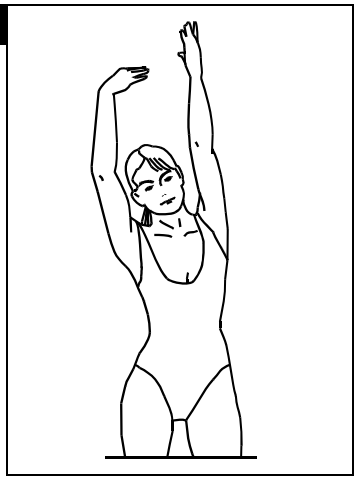
Hamstring Stretch:

Sit with your right leg extended. Rest the sole of your left foot against your right inner thigh. Stretch toward your toe as far as possible. Hold for 15 counts. Relax and then repeat with left leg extended.



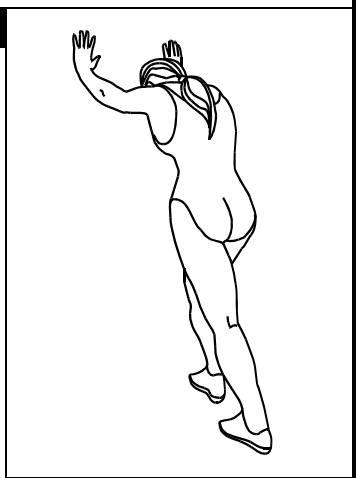
Side Stretch:

Open your arms to the side and continue lifting them until they are over your head. Reach your right arm as far upward toward the ceiling as you can for one count. Feel the stretch up your right side. Repeat this action with your left arm.



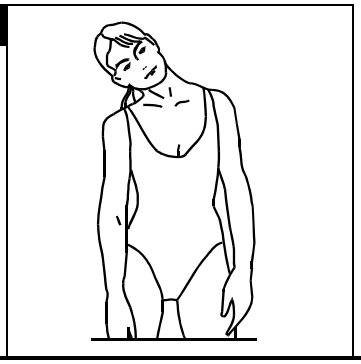
Calf-Achilles Stretch:

Lean against a wall with your left leg in front of the right and your arms forward. Keep your right leg straight and the left foot on the floor; then bend the left leg and lean forward by moving your hips toward the wall. Hold, and then repeat on the other side for 15 counts.



Head Roll:

Rotate your head to the right for one count, feeling the stretch up the left side of your neck. Next, rotate your head back for one count, stretching your chin to the ceiling and letting your mouth open. Rotate your head to the left for one count, and finally, drop your head to your chest for one count.



WARRANTY

NOTE: Save this document for your records. This warranty include all YOWZA “LARGO” Products

TO OBTAIN SERVICE: Call 877-969-9240 or e-mail, service@yowzafitness.com to report a service issue or manufacturers defect. At the sole discretion of YOWZA FITNESS, Yowza will provide one of the following methods to resolve the service claim: a) dispatching an authorized independent service technician to repair the product in the home, b) reimburse the customer at a rate of $75 per service issue. Service issue is defined as an approved service claim. Limit of one $75 payment will be made on each service claim .All repairs must be authorized by YOWZA FITNESS prior to performance of work. In some instances, consumers may be asked to find a local service provider, especially if they reside in a remote area of the US.

WHO IS COVERED: THIS LIMITED WARRANTY IS OFFERED ONLY TO BUYESR WHO PURCHASED THE PRODUCT FORM YOWZA OR ONE OF OUR AUTHORIZED IN THAT DEALER’S AUTHORIZED TERRITORY. THIS LIMITED WARRANTY IS NOT OFFERED TO BUYERS WHO PURCHASED THE PRODUCT FROM ANY OTHER SOURCE, The terms “ you” and “your” are used in this Limited Warranty to refer to the original buyer who purchased the product form YOWZA or one of our authorized dealers in that dealer’s authorized territory, and any person receiving the product in an unused condition as a gift from such original buyer. The terms “we“, “us” and “YOWZA” are used in this Limited Warranty to refer to YOWZA International, Inc.

WHAT IS COVERED: This Limited Warranty covers all products that are sold under the YOWZA “LARGO” name to buyers who purchased the product from YOWZA or one of our authorized dealers in that dealer’s authorized territory and used in United States and Canada. Except as otherwise stated in this Limited Warranty, we will repair or correct any product or part defect occurring during the stated WARRANTY PERIOD which we determine is related to materials or workmanship and is not due to normal wear and tear. Yowza reserves the right to use new, used or reconditioned parts for all repairs and will make this determination based on the impact to the performance and appearance of the machine being repaired.

WHAT IS NOT COVERED: THIS LIMITED WARRANTY DOES NOT COVER PRODUCTS PURCHASED FROM ANY SOURCE THAN YOWZA OR ONE OF OUR AUTHORIZED IN THAT DEALER’S AUTHORIZED TERRITORY. PRODUCTS SOLD, MOVED OR USED OUTSIDE THE BORDERS OF THE CONTINENTAL UNITED STATES AND CANADA ARE SUBJECT TO THE TERMS PROVIDED BY THE LOCAL DISTRIBUTOR AND ARE NOT COVERED BY THIS LIMITED WARRANTY. Product requires normal maintenance including, but not limited to, regular inspection and wear component replacement. We do not warrant damage caused by the lack of normal maintenance repairs such as those detailed within the Owner’s Manual. We do not warrant any causes beyond our control. Corrosion, oxidation or deterioration caused by product location, exposure or environment, or conditions caused by unsuitable finishes, cleaners, or lubricants are not covered. Damage or breakage caused by unauthorized service, installation, alteration, modification, assembly or disassembly, negligence, or conditions of use which are unintended for the product are not warranted. This Limited Warranty does not cover cosmetic or surface corrosion resulting from chips or scratches in the paint. Extra expenses including, but no limited to, loss of machine use and inconvenience are not covered. Due to varying conditions under which the product is used, we offer no warranties, express or implied, as to the length of service. we do not warrant products that have not been paid for, or in the event that we have offered a payment plan, products purchased by buyers who are in arrears on a payment plan. THIS LIMITED WARRANTY DOES NOT COVER UNINTENDED USE. See “INTENDED USE” below.

INTENDED USE: This Limited Warranty covers only defects that arise in the ordinary, intended use of the product. Products sold under the YOWZA “LARGO” name are intended for residential use.

WARRANTY PERIOD: The warranty period begins on the date on the product was delivered to the original buyer. The warranty period for lifetime frame and motor, and two years on all other parts.

WHO WILL PAY LABOR AND TRANSPORTATION COSES: If we determine, during the first year of the warranty period, that the product or any covered part must be shipped to the manufacturing facility for repair or service, all warranty repairs, including transportation costs and labor, will be made at NO CHARGE to you; thereafter, you will be responsible for all costs of repair and service, including labor and transportation costs.

WHAT YOU MUST DO TO OBTAIN WARRANTY COVERAGE DO TO OBTAIN WARRANTY COVERAGE: Retain proof of purchase. All warranty repairs and corrections require proof of purchase. To obtain coverage, please contact YOWZA Customer Service within seven (7) days after discovery of the defect and follow the directions provided to you by your YOWZA Service Representative.

WARRANTY

WHAT WE WILL DO CORRECT COVERED REPAIRS: Authorized repairs or corrections will be performed using new or remanufactured parts shipped to you, or at our discretion, replacement of the product. Any replacement parts provided to you are warranted for the remaining portion of the original WARRANTY PERIOD.

MODIFICATIONS TO WARRANTY ARE NOT AUTHORIZED: No one is authorized to modify, change, transfer or extend in any way the terms of this Limited Warranty.

THINGS TO KNOW ABOUT OBTAINING PRODUCT ACCESSORIES, PARTS AND REPAIR SERVICE: To secure repair service under this warranty.

DISCLAIMER OF WARRANTIES AND LIMITATION OF REMEDIES: It is impossible to eliminate all risks inherently associated with use of the product. Personal injury or other unintended consequences may result because of factors beyond our control. WE MAKE NO OTHER WARRANTIES OF ANY KIND. EXPRESS OR IMPLIED, OTHER THAN THOSE EXPRESSLY SET FORTHWITHIN THIS DOCUMENT. ALL WARRANTIES OTHER THAN THE WARRANTIES EXPRESSLY PROVIDED HEREIN ARE SPECIFICALLY EXCLUDED. IN THE CASE OF NON-CONSUMER BUYERS, ALL IMPLIED WARRANTIES OF MERCHANTABILITY AND FITNESS FOR A PARTICULAR PURPOSE ARE HEREBY DISCLAIMED.

IN THE CASE OF A CONSUMER BUYER, THE DURATION OF ALL IMLIED WARRANTIES OF MERCHANTABILITY OR FITNESS FOR A PARTICULAR PURPOSE IS LIMITED TO THE DURATION OF THE EXPRESS WARRANTIES PROVIDED WITHIN THIS DOCUMENT.

WE WILL NOT BE LIABLE FOR ANY DIRECT OR INDIRECT, CONSEQUENTIAL OR INCIDENTAL DAMAGES, LOSSES OR EXPENSES, INCLUDING BUT NOT LIMITED TO COMMERCIAL LOSSES, BUSINESS INTERRUPTION, OR DAMAGE TO PROPERTY OTHER THAN THE PRODUCT OR PRODUCTS TO WHICH THIS LIMITED WARRANTY APPLIES.

EFFECT OF STATE LAWS: Some States do not allow limitations on how long an implied warranty lasts, so the above limitation may not apply to you. Some States do not allow the exclusion or limitation of incidental or consequential damages, so the above limitation or exclusion may not apply to you. This warranty gives you specific legal rights, and you may also have other rights which vary from State to State. If there is a section in there Bout disputes it should read that all disputes must be litigated in Collier county Florida.

ALTERNATIVE DISPUTE RESOLUTION FOR NON-CONSUMER BUYERS: WE RESERVE THE RIGHT TO MANDATE ALTERNATIVE DISPUTE RESOLUTION TO SETTLE ANY OR ALL CLAIMS RESULTING FROM THIS SALES TRANSACTION. ALTERNATIVE DISPUTE RESOLUTION PROCEEDINGS WILL BE CONSUCTED IN THE STATE OF MASSACHUSETTS ACCORDING TO THE COMMERCIAL RULES OF THE AMERICAN ARBITRATION ASSOCIATION.